

# Health Matters

“To protect, preserve  
and promote the health,  
environment and well-being  
of the people of Metro  
Louisville.”

Volume 1, No.6,  
July 2006

LOUISVILLE METRO HEALTH DEPARTMENT

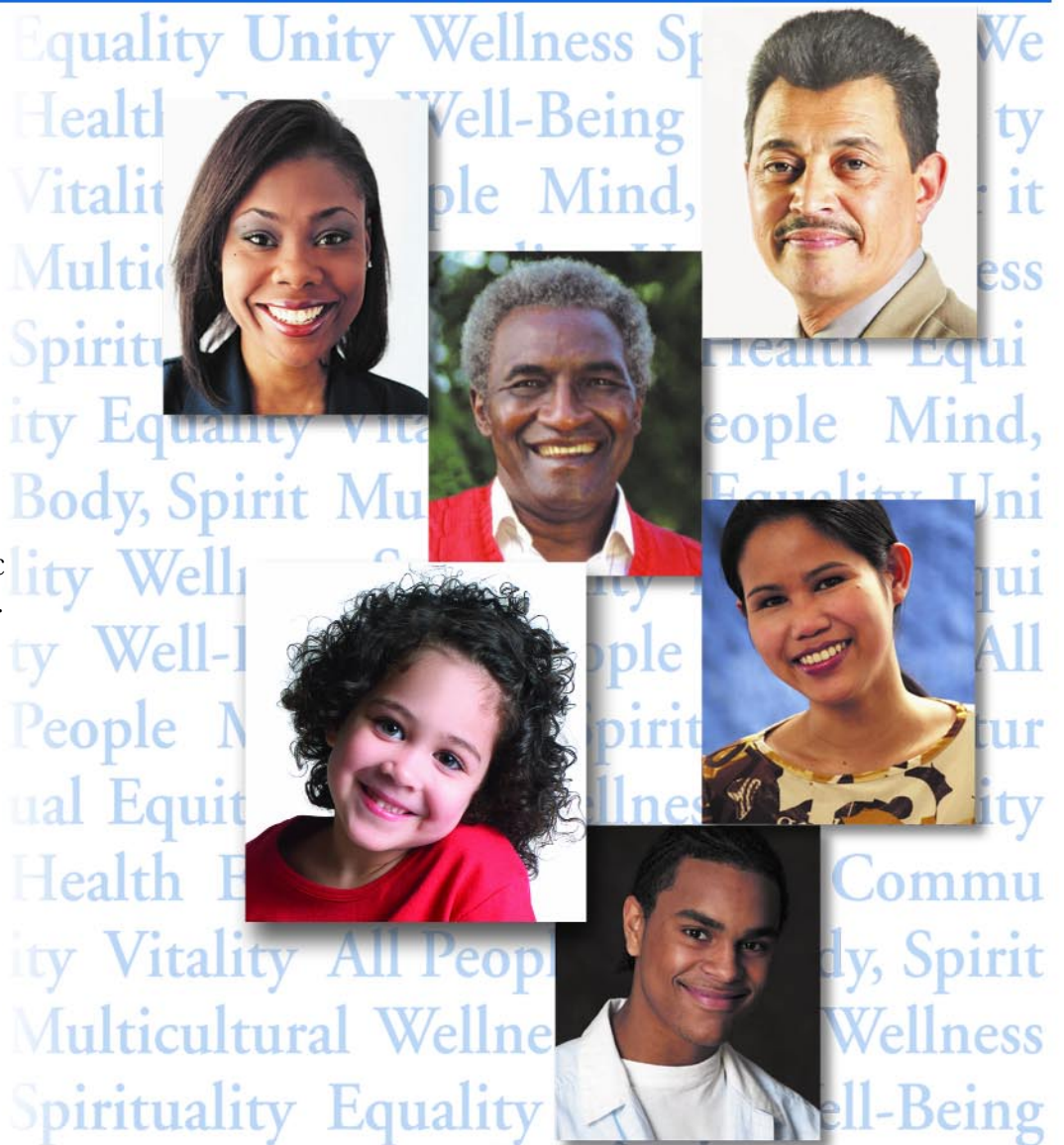
## Center for Health Equity Opens

On June 29th the Health Department opened the Center for Health Equity at the Hampton House located at 2422 West Chestnut Street. This is the only center of its kind at a city health department in America. Pat Libbey, the Executive Director of the National Association of County and City Health Officials, Mayor Abramson and Dr. Adewale Troutman officiated at the opening of the Center.

The Center's mission is to eliminate health inequities based on race, ethnicity, or socioeconomic status. Like in other cities throughout the United States, minority populations in Louisville suffer significantly higher rates of death from such chronic conditions as heart disease, diabetes, and stroke than does the rest of the population. Infant mortality rates are also considerably higher among minority communities.

The Center will collaborate with such institutions as the University of Louisville School of Public Health and Information Sciences to conduct community-based participatory research aimed at identifying and quantifying health disparities. The Center will then design interventions to improve the health and the lives of those in our community who suffer from health inequities. It is hoped that many of these initiatives will be able to be replicated in other cities in America.

**502-574-6616**  
[www.louisvilleky.gov/health](http://www.louisvilleky.gov/health)



## Mayor Awards Hometown Grants

### Grant to Fund Health Initiatives

The Mayor's Healthy Hometown Movement has awarded more than \$73,000.00 in mini grants to twenty-two community service organizations to implement health and fitness initiatives throughout Louisville neighborhoods.

This is the second year for the grant program. Last year, 17 community groups received a total of \$50,000 in Healthy Hometown grants. Of this year's 22 grantees, 12 are new applicants.

In announcing the awards Mayor Abramson said, "It's gratifying to be able to support so many more innovative and grassroots health and wellness programs. It is proof that the Healthy Hometown Movement is catching on and that the benefits of increased activity levels and healthier lifestyles can spread even further across our hometown."

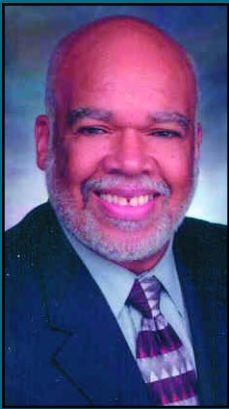


Mayor Abramson presents Adriana Fajardo of the Wesley House Community Center with a Mayor's Healthy Hometown Mini Grant.

### Organizations receiving grants, and the programs to be implemented, include:

- **Americana Community Center**, for exercise, nutrition and emotional activities for 75-150 youths 3x per week.
- **Bates Community Center**, for Healthy Hearts Initiative; health awareness workshops and aerobic classes.
- **Bridgehaven**, develop forum for members to learn preventative assessments to reduce potential problems; continue Fitness for Fun program.
- **Buechel Youth Football**, for youth football and cheerleading programs for 6-13 year-olds.
- **Creseant Hill United Methodist Church**, for Seniors Soteria program related to aging, nutrition, fitness, health and wellness.
- **Dreams With Wings**, to engage individuals with mental retardation in aerobic, strength training, and stretching activities.
- **Family Worship Center**, for family-oriented fitness education for Old Louisville residents.
- **Immaculate Heart of Mary**, for health ministry program, health screenings and fairs.
- **Jewish Community Center**, for "Fit Beyond 55" program.
- **Louisville Youth Training Center**, to participate in "Tap Into Fitness" program.
- **Maryhurst**, to address wellness issues for girls on-campus and through the Heuser Clinic.
- **Neighborhood House**, for "Get Fit Kids" .
- **New Zion Development Foundation**, for physical-education equipment and programming for Park duValle residents.
- **PEACE Center**, for holistic approach to healthy living for African-American women.
- **Plymouth Community Renewal Center**, Youth in Action "Taking Charge" program.
- **Portland Plaza Residents Council**, to expand "You Can" program.
- **Portland Promise Center**, for tee-ball.
- **Presbyterian Community Center**, upgrade current outdoor play facility.
- **Quinn Chapel**, for nutrition education; fitness.
- **St. Benedict Center for Early Childhood Education**, fitness program for 8-12 year-olds.
- **Wesley House**, to promote physical fitness to its clients and to the residents of the Preston Hwy., Newburg and California neighborhoods.
- **YMCA of Greater Louisville**, for development of the "Healthy Family Fun Pack."





## From The Director's Desk

By Adewale Troutman, MD, MPH, MA

I am happy to announce that we have opened the Center for Health Equity at the Louisville Metro Health Department. The Center is located in the historic Hampton House on west Chestnut Street.

Despite progress in civil rights, housing, and education since 1960, the health gap between Americans of color and white Americans has remained constant over the past 45 years and has actually gotten worse for some categories.

This is the case here in Louisville just as it is in cities across America. Heart disease death rates, for example, were 29 percent higher in 2001 for black residents of Louisville than they were for white residents. The percentage of diabetes in 2000 was 63 percent higher for black residents. The overall mortality rate in Louisville in 2001 was 28 percent higher for black residents than for white residents.

Data collected since 1985 also point to similar disparities between other minorities such as Latinos and the rest of the American population. The U.S. Department of Health and Human Services, for example, reports that Latinos are twice as likely to die from diabetes.

The Center for Health Equity seeks to rectify these inequalities. The only center of its kind at an urban health department, the Center for Health Equity will also set up best practices models that can be replicated in other cities throughout America.

The Center is being established in partnership with the University of Louisville School of Public Health and Information Sciences. The University of Louisville will conduct community-based participatory research aimed at identifying and quantifying health disparities.

For its part, the Louisville Metro Health Department will ensure that research actually benefits the minority communities that are the subjects of the research. The Health Department will design and implement evidence-based, data-driven interventions to improve the health and the lives of those in our community who suffer from health inequities.

The Center for Health Equity will not be limited to dealing with African Americans. The Latino population in Louisville has more than doubled in the past 10 years. The Center will deal with the health issues of this growing segment of our community. It will also confront health issues faced by other emerging populations in our city as well as those faced by lower income people of all races and ethnic groups.

The work of the Center for Health Equity will benefit the entire Louisville community. Bringing about equality in health in our city does not mean lowering the health status of the majority population, but raising the health status of minority populations. We will all win in the long run as our city becomes a healthier, safer, and more livable place.

Louisville is also continuing its efforts to prepare for a serious outbreak of flu caused by avian influenza or by some other influenza strain.

The threat of bird flu to Americans right now is low. There is presently no bird flu in the United States and even in those parts of the world where birds have become infected, the virus has not been able to spread easily to humans.

Nevertheless, scientists are concerned that the avian influenza virus could mutate to a form that could be passed easily from human to human. This could lead to a worldwide flu "pandemic" that could rapidly spread death and disease throughout the world.

On May 8th the Health Department hosted the Louisville Influenza Pandemic Summit. The summit, which drew 400 people, brought together government officials, public health personnel, business leaders, hospital administrators, and physicians, to discuss the threats that a pandemic would pose and to prepare should Louisville be faced with such a challenge.

Hurricane Katrina has taught us that cities cannot expect the federal government to rush in and save the day in the face of impending disaster. This will be even more the case during a worldwide pandemic in which infection is occurring in numerous cities across the world and throughout the country at the same time. We in Louisville are coming together to prepare ourselves now for the possibility of an influenza pandemic in the future.



Health Matters is the external newsletter of the Louisville Metro Health Department.

400 E. Gray Street, P.O. Box 1704, Louisville, KY 40201-1704, (502) 574-6520, <http://health.loukymetro.org/>  
Adewale Troutman, MD, MPH MA, Director of Health and Robert Slaton, Ed.D., Chairman, Board of Health

## Summit Prepares for Flu Pandemic



Louisville continued its efforts to prepare for the possibility of a worldwide outbreak of influenza as 400 business, government, and health leaders gathered at the Walnut Street Baptist Church on May 8th for the Health Department sponsored Flu Pandemic Summit.

Noting the surroundings, Louisville Mayor Jerry Abramson said, "Maybe we'll spend more time in houses of worship throughout the community as difficulties rise."

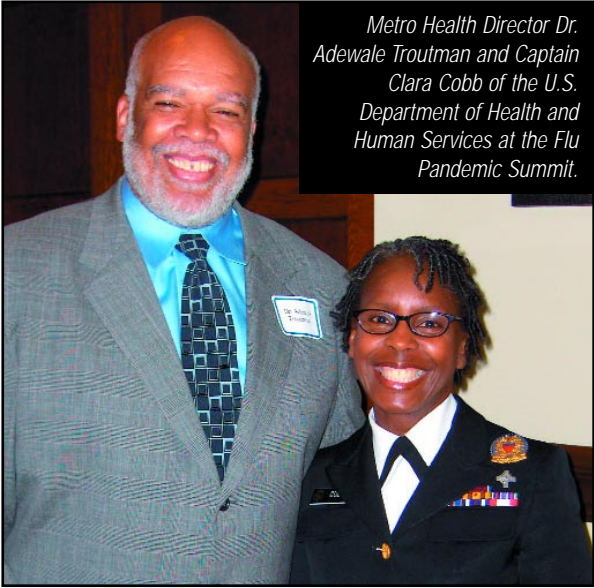
Health experts are concerned that the H5N1 virus that has infected bird populations in Asia and Europe could mutate and could spread easily from person to person. However, as Metro Health Director Dr. Adewale Troutman was quick to point out, "There is presently no bird flu in the United States and even in those parts of the world where birds have become infected, the virus has not been able to spread easily to humans."

Experts say, however, that the world is now overdue for a worldwide influenza outbreak, either from a mutated form of bird flu or from some other strain, because such outbreaks, known as pandemics, occur every 25 to 30 years. Keynote speaker Captain Clara Cobb of the U. S. Department of Health and Human Services cited the 1918 Spanish flu pandemic that killed 500,000 Americans. She also recalled the Asian flu pandemic of 1957 that killed 70,000 Americans and the Hong Kong flu pandemic of 1968 that killed 34,000 Americans.

Individuals can take some common-sense precautions. Dr. Matt Zahn said that people should wash their hands frequently and that they should cough or sneeze into a tissue or into the crook of their elbows, rather than into their hands. Sick individuals should stay home rather than going to work or to school. If a pandemic were to occur, Dr. Zahn said that public officials should take steps to prevent the virus from spreading such as closing schools and canceling public gatherings such as sporting events.

Business, meanwhile, should consider alternate ways to get work done during a pandemic that could see 40 percent of the work force staying home. John T. Floyd of Tetra Tech, a business-consulting firm, cited such examples as allowing people to work from home and cross-training employees to do each other's jobs.

In the afternoon, flu summit attendees broke into focus groups to address such topics as business continuity, the effects of a pandemic on government services, risk communications, hospital surge capacity, and early recognition and surveillance of a pandemic. These groups will continue to meet and will form the basis of a detailed community flu pandemic response plan.



## Hike & Bike Continues to Grow

The popularity of the Mayor's Healthy Hometown Hike & Bike continues to grow.

More than 1,300 people participated in the **Hike & Bike** during the May 29th Memorial Day holiday. This year's 15-mile bike route began at Slugger Field and wound through Butchertown and along Beargrass Creek to Cherokee Park. There were, however, turnoffs that provided alternate routes as short as 2 miles. The Louisville Bicycle Club was on hand to assist bikers with equipment repairs and other needs.

"The event gives us a chance to showcase the changes we are making to improve safe biking in Louisville," said Mayor Jerry Abramson. "New bike paths are an investment in creating an active and healthy hometown."

For those who didn't want to cycle, there was a hike from Slugger Field through Waterfront Park. EarthSave Louisville also held its annual Taste of Health festival at Slugger Field in conjunction with the Mayor's Healthy Hometown Bike and Hike.

The Mayor's Healthy Hometown Movement, which encourages Louisville residents to be more active and to make good lifestyle choices, plans to have another Hike and Bike on Labor Day this year.





# Bird Flu – What You Need to Know

## What is It?

- It is an infection caused by a new influenza virus known as H5N1.
- It occurs naturally in wild birds that transmit the virus through their feces.
- It is highly contagious among birds.

## Where is It?

- H5N1 originated in Southeast Asia. The World Health Organization (WHO) is monitoring bird flu and has reported that it has now spread to Africa, the Middle East and Europe.

## Should I Be Worried About Catching It?

- The risk to Americans right now is extremely low.
- H5N1 passes quickly from bird to bird. It does not pass well from bird to human and almost never from human to human.
- H5N1 has not been found in birds or humans in North America.

## What's the Big Deal?

- Very few people have been infected with avian influenza. There have been about 200 reported human cases worldwide. However, over half of those infected have died.
- The U.S. Centers for Disease Control and the World Health Organization are vigorously monitoring the bird flu around the world. No cases have occurred in the U.S. but officials predict it may arrive in the United States in the bird population some time this year. It is unclear when the virus might appear in Louisville.
- Keep in mind, bird flu passes quickly from bird to bird. It does not yet pass well from bird to human or from human to human. The virus does continue to change as it spreads, and it could eventually change enough that it becomes effective at infecting humans. The virus will need to undergo many changes over time to be able to effectively infect people.

## How Can I Protect Myself?

If you travel to a country that has reported cases of bird flu, avoid contact with poultry and feces from poultry. Other than that, you always help to protect yourself from any disease when you use good preventive health practices such as:

- covering your nose and mouth with a tissue when coughing or sneezing
- washing your hands thoroughly and often
- avoid touching eyes, nose or mouth
- stay home when you are sick
- getting a flu shot or other immunizations as suggested or required
- visit [www.cdc.gov/germstopper](http://www.cdc.gov/germstopper) for more information

## Do I Need to Be Stockpiling Food and Other Supplies?

- With the worldwide surveillance measures already in place, we are likely to have a warning period of several months before an influenza pandemic comes to Louisville.
- However, it is always reasonable to have an emergency supply kit at home or in your car. The kit should include water, food and other vital supplies.
- For suggestions on personal preparedness and what to include in a disaster emergency kit go to [www.bt.cdc.gov/planning/#personal](http://www.bt.cdc.gov/planning/#personal).

## Where Can I Get More Information?

- U.S. Dept of Health and Human Services  
[www.pandemicflu.gov](http://www.pandemicflu.gov)
- World Health Organization  
[www.who.int](http://www.who.int)
- Centers for Disease Control and Prevention  
[www.cdc.gov](http://www.cdc.gov)

## Surveillance

The Louisville Metro Health Department in conjunction with the State of Kentucky Department of Health is developing plans to make a rapid PCR test that can detect H5N1 virus available for animal and human testing in Louisville within the next year.

## Communication

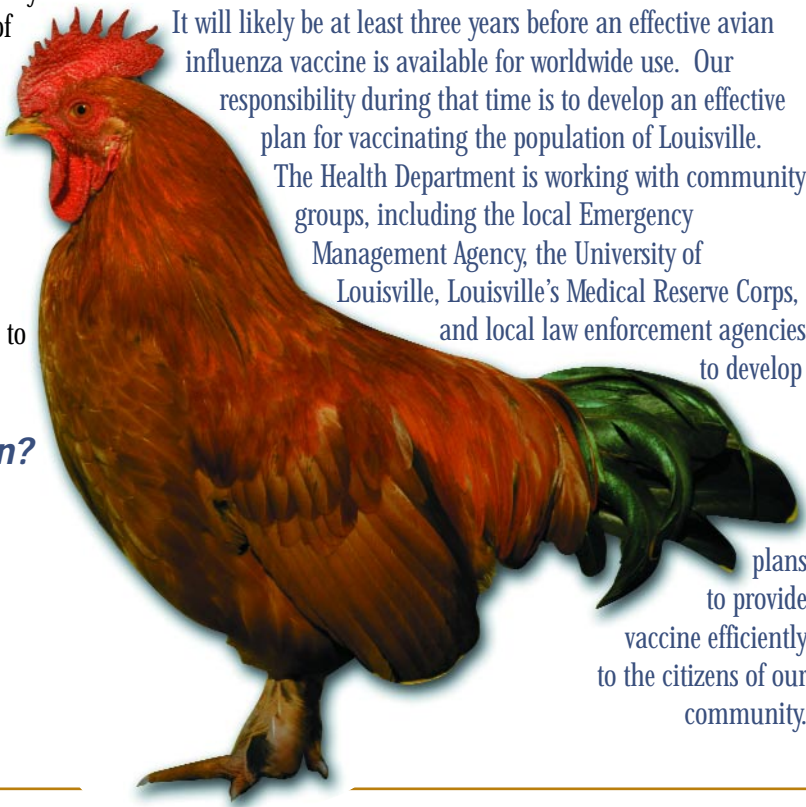
Our close relationship with the Greater Louisville Medical Society and the State of Kentucky's Health Alert Network will allow for rapid communication of vital information to local medical providers and our public health partners throughout the state.

We are working with local hospitals to develop plans to assure that our medical resources will be used effectively in the event of a pandemic

## Providing vaccine

It will likely be at least three years before an effective avian influenza vaccine is available for worldwide use. Our responsibility during that time is to develop an effective plan for vaccinating the population of Louisville. The Health Department is working with community groups, including the local Emergency Management Agency, the University of Louisville, Louisville's Medical Reserve Corps, and local law enforcement agencies to develop

plans to provide vaccine efficiently to the citizens of our community.

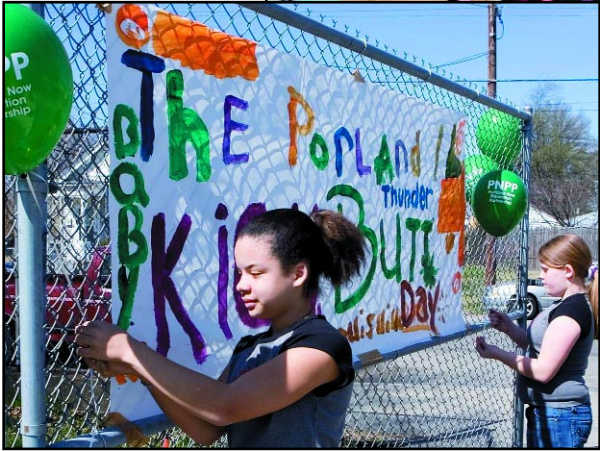


# Portland Youth “Kick Butts”

More than 100 children came out to the Kick Butts Day Block Party at Neighborhood House in Portland on April 5th. The party included such fun activities as a scavenger hunt, a hot dog eating contest, and street ball basketball games.

In the midst of the fun, however, there was a serious message – to refrain from tobacco use and to make healthy life choices.

The Health Department, the Portland Now Prevention Partnership, Neighborhood House, and the Jefferson County Smoke Free Coalition sponsored the event. The Kick Butts Day Block Party was part of a nation-wide initiative of the Tobacco-Free Kids Program.



Above, Jasmine Taylor and Miranda Fritz hang a Kick Butts Day banner. Top photo, Cheyenne Carter (center) watched as Clara Miller had her face painted. (photos courtesy of Louisville Courier-Journal)



Tyrone Bell (left) looks at a jar representing tar inhaled by a smoker and Alex Bell signs a pledge not to smoke. (photo courtesy of Louisville Courier-Journal)

# Mother's Day Out Events Pamper and Teach

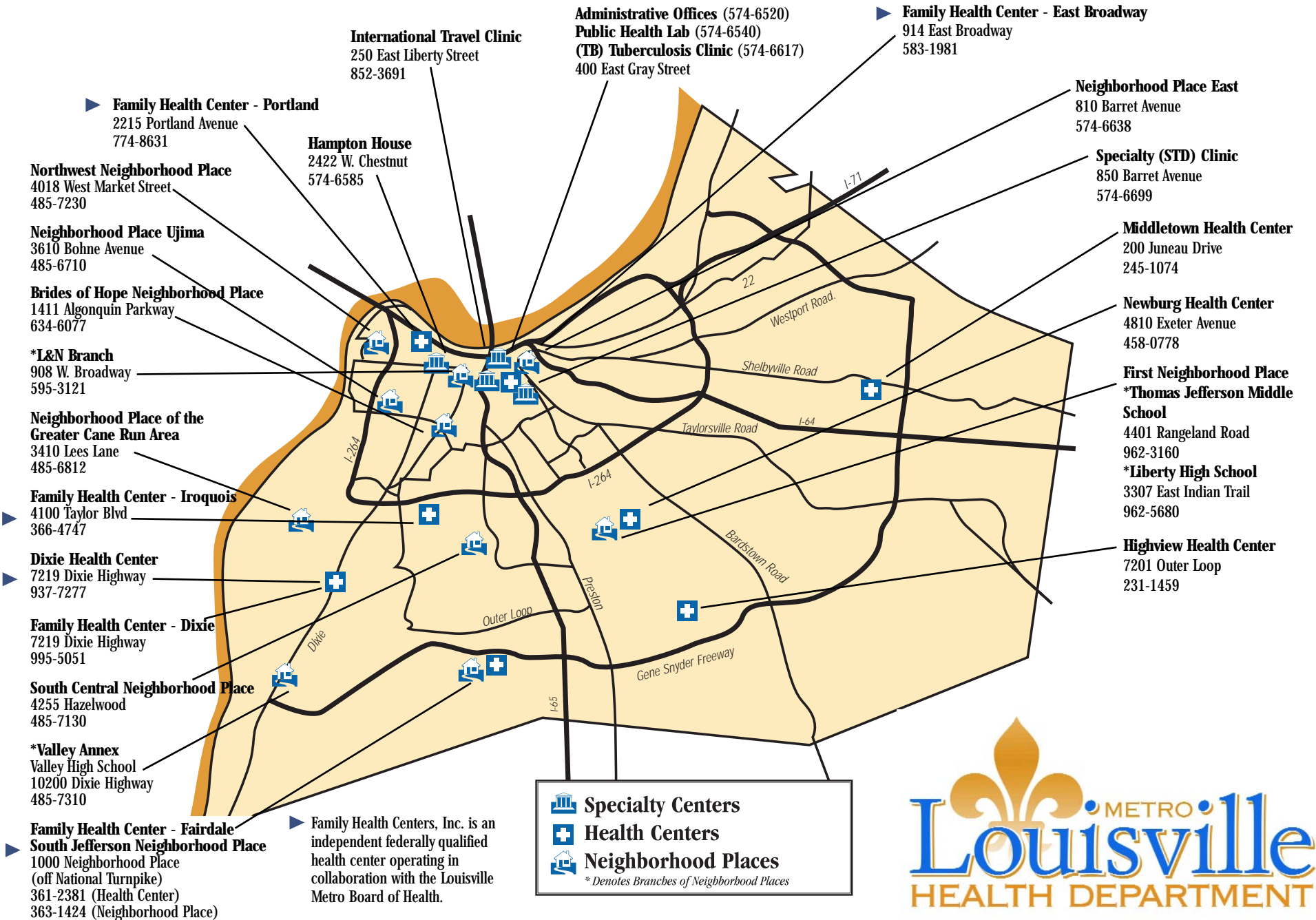
The Health Department recently held two Mother's Day Out events. Mother's Day Out is a day of pampering and instruction for expectant and new mothers. The events emphasized the importance of early and regular prenatal care as well as the importance of not smoking during pregnancy.

The Mother's Day Out event held on April 21th at St. Rita Catholic Church on Preston Highway was specifically geared toward Hispanic and Latino women and was conducted in Spanish. Another Mother's Day out event was held on May 25th at the Baptist East Education Center.

Participants were treated to lunch and massages. There were also drawings for baby clothes, a stroller, and a crib.







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## Tommie Smith Track Meet Comes to Louisville

The first Tommie Smith track meet will be held August 12th at the University of Louisville Belknap Campus. More than 200 elementary and middle school age children will participate.



Raina Foster, Lameka Cambell, Mariah Murray and Shells Brown at the Tommie Smith Track Meet in Berkley, California

In preparation for the event, pilot track initiatives have begun among children at the Southwick and Shelby Metro Parks summer camps as well among children attending the Chestnut YMCA summer camp. Children from the West Side Track Club and the Village of Louisville Track Club will also participate. The Tommie Smith Track Meet is open to elementary and school age children throughout Louisville. **For more information, phone 574-8045.**

Tommie Smith won the Gold Medal in the 200 meters at the 1968 Mexico City Olympics. Mr. Smith has organized track clubs for minority youth in Oakland California. He was in Louisville in February to organize the first Tommie Smith Track Clubs outside of the Bay area. Plans include 10-15 track clubs in Louisville. The Louisville clubs will also include instruction on nutrition, personal hygiene as well as fitness assessments by the Health Promotion Schools of Excellence.

Mariah Murray, Raina Foster, Shells Brown, and Lameka Campbell of Louisville competed in the Tommie Smith Track Meet held at the University of California at Berkley on May 20th and 21st. The young women from Louisville did their city proud, finishing 1st in the 4 X 100 meter relay, finishing 1st and 2nd in the 100 meters, and finishing 2nd in the 400 meters.

## Mosquito Fogging

The Health Department has begun its summer fogging operations to control adult mosquito populations. Mosquito fogging is done between dusk and dawn. Areas to be fogged are posted on Health Department web site at [www.louisvilleky.gov/Health](http://www.louisvilleky.gov/Health). Citizens may also call the fogging hotline at 574-6641. They may also suggest that their neighborhood be fogged by phoning Metro Call at 311. Fogging cannot be done if it is raining, if wind speeds exceed 10 miles per hour, or if evening temperatures are above 85°F.

The Health Department monitors mosquito populations with traps set up throughout the area and uses the counts of mosquitoes found in these traps to determine where to fog.

### During fogging operations, citizens are asked to:

- Keep children away from the fogging vehicle.
- Park your vehicle off the street when possible.
- Do not tailgate or follow the fogging vehicles.
- Do not stop the fogging truck while it is fogging.
- Go inside and remain indoors while the fogging vehicle is in the neighborhood.

# Mammogram Schedule

To Register, phone 574-5221

**July 5**  
East Broadway Health Center  
8:00 AM – 3:30 PM  
914 E. Broadway

Park DuValle Health Center  
8:00 AM – 3:30 PM  
3015 Wilson Avenue

**July 6**  
Park DuValle Health Center  
8:00 AM – 3:30 PM  
3015 Wilson Avenue

**July 7**  
St. Rita Catholic Church  
8:30 AM – 3:30 PM  
8709 Preston Highway  
(Spanish Translation Provided)

**July 11**  
Carlisle Avenue Bapt. Ch.  
8:30 AM – 3:30 PM  
3548 Taylor Blvd.

**July 13**  
Atria St. Matthews  
8:30 – 3:30 PM  
120 S. Hubbards Lane

**July 17**  
Portland Family Health Ctr  
8:30 AM – 3:30 PM  
2215 Portland Avenue

**July 18**  
Portland Family Health Ctr  
8:00 AM – 3:30 PM  
2215 Portland Avenue

**July 19**  
Portland Family Health Ctr  
8:00 AM – 3:30 PM  
2215 Portland Avenue

**July 20**  
Iroquois Family Health Ctr  
8:00 AM – 3:30 PM  
4100 Taylor Boulevard

Portland Family Health Ctr  
8:00 AM – 3:30 PM  
2215 Portland Avenue

**July 21**  
Dixie Health Center  
8:00 AM – 3:30 PM  
7219 Dixie Highway

**July 24**  
Portland Family Health Ctr  
8:00 AM – 3:00 PM  
2215 Portland Avenue

**July 26**  
Park DuValle at Newburg  
8:30 AM – 3:00 PM  
2237 Hikes Lane

**July 27**  
Oxmoor Center  
8:30 AM – 3:30 PM  
7900 Shelbyville Road

**July 28**  
Oxmoor Center  
8:30 AM – 3:30 PM  
7900 Shelbyville Road

**August 1**  
Park DuValle Health Center  
8:30 AM – 3:30 PM  
3015 Wilson Avenue

**August 2**  
East Broadway Health Center  
8:00 AM – 3:30 PM  
914 E. Broadway

Park DuValle Health Center  
8:00 AM – 3:30 PM  
3015 Wilson Avenue

**August 3**  
Park DuValle Health Center  
8:00 AM – 3:00 PM  
3015 Wilson Avenue

**August 4**  
YMCA of Greater Louisville  
8:30 AM – 3:30 PM  
Berrytown Family Branch  
(Watson Powell Comm Ctr)

**August 7**  
Fairdale Health Center  
8:00 AM – 3:30 PM  
1000 Neighborhood Place

**August 8**  
Atria Stony Brook  
8:30 AM – 3:30 PM  
3451 S. Hurstbourne Pkwy

**August 9**  
Park DuValle at Newburg  
8:30 AM – 3:00 PM  
2237 Hikes Lane

**August 10**  
Good Samaritan Center  
8:30 AM – 3:30 PM  
3500 Good Samaritan Way  
Jeffersontown

**August 12**  
Appointment with Life Church  
8:30 AM – 3:30 PM  
7100 Preston Hwy. Suite 101  
(Spanish Translation Provided)

**August 21**  
Portland Family Health Ctr  
8:30 AM – 3:30 PM  
2215 Portland Avenue

**August 22**  
Portland Family Health Ctr  
8:00 AM – 3:30 PM  
2215 Portland Avenue

**August 23**  
Portland Family Health Ctr  
8:00 AM – 3:30 PM  
2215 Portland Avenue

**August 24**  
Portland Family Health Ctr  
8:00 AM – 3:30 PM  
2215 Portland Avenue

**August 28**  
Portland Family Health Ctr  
8:00 AM – 3:00 PM  
2215 Portland Avenue

**August 29**  
Louisville Housing Authority  
8:30 AM – 3:30 PM  
Bishop Plaza, 4314 Bishop Ln

**August 30**  
Planned Parenthood  
8:30 AM – 3:30 PM  
1025 S. 2nd Street

**August 31**  
Holy Spirit Catholic Church  
8:30 AM – 3:30 PM  
3345 Lexington Road

# Breastfeeding Classes 2006

Call 574-5277 to reserve a space!

**July 11**  
1:00 – 3:00 PM  
Bridges of Hope  
Neighborhood Place  
1411 Algonquin Parkway;

1:00 – 2:30 PM  
Highview Health Center  
7201 Outer Loop

10:00 – 11:30 AM  
South Central  
Neighborhood Place  
4255 Hazelwood Avenue;  
Class taught in Spanish;

4:30 – 6:00 PM  
Newburg Health Center  
4810 Exeter Avenue  
Class taught in Spanish;

5:00 – 6:30 PM  
Victory Deliverance  
Temple of Faith  
2330 Algonquin Parkway;

6:30 – 8:00 PM  
Babies R Us  
4621 Shelbyville Road

**July 13**  
4:30 – 6:00 PM  
Middletown Health Center  
200 Juneau Drive

**July 18**  
11:00AM-12:30PM  
L & N WIC Office  
908 W. Broadway

4:30 – 6:00 PM  
Newburgh Health Center  
4810 Exeter Avenue

**July 19**  
1:00 – 2:30 PM  
Dixie Health Center  
7219 Dixie Highway

**July 20**  
1:30 – 3:00 PM  
Neighborhood Place  
810 Barret Avenue

**July 25**  
10:00 – 11:30 AM  
South Central  
Neighborhood Place  
4255 Hazelwood Avenue;

5:00 – 6:30 PM  
Victory Deliverance  
Temple of Faith  
2330 Algonquin Parkway;

**July 28**  
10:30AM-12:00PM  
Fairdale Health Center  
1000 Neighborhood Place

11:00AM-12:30PMFamily  
Health Ctr. Portland  
2215 Portland Ave.

**August 1**  
4:30 – 6:00 PM  
Newburg Health Center  
4810 Exeter Avenue

**August 8**  
1:00 – 3:00 PM  
Bridges of Hope  
Neighborhood Place  
1411 Algonquin Parkway;

1:00 – 2:30 PM  
Highview Health Center  
7201 Outer Loop

10:00 – 11:30 AM  
South Central  
Neighborhood Place  
4255 Hazelwood Avenue;  
Class taught in Spanish;

5:00 – 6:30 PM  
Victory Deliverance  
Temple of Faith  
2330 Algonquin Parkway;

**August 10**  
4:30 – 6:00 PM  
Middletown Health Center  
200 Juneau Drive

**August 15**  
11:00AM-12:30PM  
L & N WIC Office  
908 W. Broadway

4:30 – 6:00 PM  
Newburgh Health Center  
4810 Exeter Avenue

**August 16**  
1:00 – 2:30 PM  
Dixie Health Center  
7219 Dixie Highway

**August 17**  
1:30 – 3:00 PM  
Neighborhood Place  
810 Barret Avenue

**August 22**  
10:00 – 11:30 AM  
South Central  
Neighborhood Place  
4255 Hazelwood Avenue

5:00 – 6:30 PM  
Victory Deliverance  
Temple of Faith  
2330 Algonquin Parkway;

**August 25**  
10:30AM-12:00PM  
Fairdale Health Center –  
1000 Neighborhood Place

11:00AM-12:30PMFamily  
Health Ctr. Portland  
2215 Portland Ave.



# Health & Wellness Schedule

## Diabetes Self-Management Series

A 4-session series taught by Certified Diabetes Educators: attendance at all 4 sessions is encouraged. Please arrive 15 minutes early for the first class.

- Mondays (1:00-3:30 PM)** • Jeffersontown Library • 10635 Watterson Tr.
- July 10** Diabetes Types, High and Low Blood Sugar, Sick Days
- July 17** Diet and Exercise
- July 24** Diabetes Pills, Insulin, Preventing Complications (Part 1)
- July 31** Preventing Complications (Part 2), Foot and Skin Care, Glucose Monitoring & Standards of Care

## Diabetes Support Group

For people who have diabetes and their families or caretakers.

**2nd Thursday of every month(9:30 to 11:30 AM)**  
Park DuValle Community Health Center • 3015 Wilson Avenue

- July 13** “All about Tomatoes”
- August 10** “The Debilitator – a film that addresses the impact of Diabetes and its complications”

## Weight Control Series

A 4-session series taught by a Registered Dietitian, with initial body fat check; meal plans provided. A follow-up body fat check is provided months after the series.

**Mondays (6:00-8:30 PM)** • Watson Memorial Bapt. Ch. • 7217 Nachand Ln.  
**July 10, 17, 24 & 31st**

## Low Impact Aerobics

**Tuesdays & Thursdays (5:00 - 6:00 PM)** Registration not needed  
25 cents per session - bring your own mat  
Louisville Metro Health Department - 400 E. Gray Street (Forum)

## Tai Chi Classes Free

**Mondays & Wednesdays (5:30 - 7:00 PM)** Registration not needed  
Louisville Metro Health Department (Forum) - 400 E. Gray Street

## High Impact Aerobics Free

**Wednesdays & Thursdays (6:30 - 7:30 PM)** Registration not needed  
Louisville Central Community Center - 1300 W. Muhammad Ali Boulevard

## Walking Class Free

**Tuesdays and Thursdays at 7:00 AM** at the entrance to Shawnee Park.

# Stop Smoking Programs

- July 6 Thursday 6:00 - 7:00 PM**  
Middletown Christian Church - 500 North Watterson Trail
- Aug 3 Thursday 5:30 - 6:30 PM**  
Bullitt County Health Dept. - 181 Lees Valley Rd. - Shepherdsville
- Aug 20 Sunday 6:00 - 7:00 PM**  
Valley View Church - 9811 Third St. Road
- Aug 29 Tuesday 6:00 - 7:00 PM**  
Norton Audubon Hospital - One Audubon Plaza Drive  
Lower Level One - Conference Room #2
- Aug 29 Tuesday 1:00 - 2:00 PM**  
Norton Southwest Hospital - 9820 Third St. Road  
Drs. Office Building - Third Floor - Room 310
- Sept 7 Thursday 12:00 - 1:00 PM**  
Park DuValle Community Health Center - 3015 Wilson Avenue
- Sept 7 Thursday 6:00 - 7:00 PM**  
Norton Suburban Hospital - 3991 Dutchmans Lane  
Cancer Prevention & Resource Center - Medical Plaza II, Suite 400
- Sept 12 Tuesday 6:00 - 7:00 PM**  
Norton Hospital - 234 E. Gray Street  
Cancer Prevention Resource Center, Suite 164
- Sept 13 Wednesday 6:00 - 7:00 PM**  
Oldham Co. Health Department - 1786 Commerce Pkwy - LaGrange
- Sept 18 Monday 7:00 - 8:00 PM**  
South Louisville Christian Church - 3845 Southern Parkway
- Oct 5 Thursday 6:00 - 7:00 PM**  
Middletown Christian Church - 500 North Watterson Trail

*You won’t believe how good you’ll feel! We know it’s not easy to stop.*

## The Cooper/ Clayton Method to Stop Smoking

The Cooper/Clayton Program is a proven effective program that addresses all aspects of smoking. It utilizes nicotine replacement products and provides 13 weekly one-hour educational sessions to help you stop smoking. To register for a program or for more information call:

**574-STOP** (574-7867) or  
Email us at [stopsmoking@loukymetro.org](mailto:stopsmoking@loukymetro.org).